

Newsletter



It's our 1st Anniversary! Thank you for your support.

Would you believe it? The start of September is the first anniversary of Purely Pilates opening in Stowmarket. While we had many anniversaries in our previous studio location, this one seems so much more special. Sincere thanks to everyone who has come to the studio and helped make it the success that it has become. The vast majority of you started off as Beginners and are now regular Pilates devotees. Thank you each and all.

Of course, an important anniversary like this needs to be celebrated. We intend hosting a get together at the studio during September with some 'refreshments' and nibbles. This will give us the opportunity to thank you in a more relaxed way. We will send the invitations out in due course once we have decided upon the best date.

The studio will be closed during the last two weeks of August. We will be resting and re-charging our batteries, ready for the next block of classes starting 3rd September. There are a couple of class changes (see next page) plus two new Beginner classes. There is also a special class called Buff Bones which is aimed at strengthening bones and joints and is safe for people with osteoporosis. Please spread the word if you know anyone who would benefit.

Bill asked me to mention website security. Google now shows whether a site is secure or not and our site comes up as 'Not Secure'. The site is mainly static so this isn't a great issue apart from any forms you might submit. Online payments are processed via a separate payment gateway which is secure (padlock symbol). We will be taking steps over the next couple of months to make our own site secure. (Big sigh from Bill)

Thank you again for a wonderful year. It has been a privilege getting to know so many lovely people. We look forward to many more years to come.

Keeley

In this issue

- Page 1 -

Message from Keeley

- Page 2 -

September / October
Timetable

Booking / Re-Booking

Class Changes

New Beginner Classes

New Buff Bones Class

- Page 3 -

Every Body Benefits
from Pilates



Newsletter

Group Class Booking / Re-Booking

The studio will be closed weeks commencing 20th and 27th August. Normal service will resume 3rd September.

We will be handling re-booking during the last couple of weeks of August. Priority is given to those re-booking the same class time, but please don't wait and let us know as soon as possible so we can reserve your space. If spaces aren't re-booked by a certain time they will be offered to new bookings and / or anyone wishing to change class times. For new bookings, please also let us know as soon as possible so we can reserve your space.

Of course, if anyone who has attended the current block feels they would benefit from repeating the same level they can book a suitable class. Talk to Keeley if you are unsure.

6-week block starting 3rd September 2018	Mornings		Evenings	
	9:15	10:30	6:15	7:30
Monday			INT	INT
Tuesday	INT	B	B	INT
Wednesday			INT	INT
Thursday	B+	INT	INT	INT
Friday	BB	INT		
	10:00	11:15		
Saturday	B+	INT		

B = Beginner Completed 0 classes
B+ = Completed 6+ classes
INT = Completed 24+ classes
BB = Buff Bones

Class Changes

The Tuesday 6:15pm class has been reserved for new Beginners. Those of you attending this class time will already have been informed and chosen another class. Please bear this change in mind if you occasionally use Tuesday 6:15pm as a temporary swap class. The Friday 10:00am class will now start slightly later at 10:30am. Suzanne has promoted the Saturday 11:15 class to INT level. Well done!

New Beginner Classes

There are two new Beginner classes, both on Tuesdays: 10:30am and 6:15pm. There is a lot of demand for new Beginner classes and we will accept booking on a first-come basis. Booking will close as soon as the classes are full.

New Buff Bones Class—Fridays 9:15am

Buff Bones® is a medically-endorsed, full body workout for bone strengthening and balance. It integrates Pilates, strength training, functional movement and rehabilitative exercise to improve the health and longevity of your bones and joints. It is adaptable to varying levels and is safe for those with osteoporosis.



Newsletter

Every Body Benefits from Pilates

Some of the many ways you can benefit from doing Pilates regularly include:

A Healthy, Supple Spine

Pilates gives more support to your spine, creating space between each vertebra. That extra space not only makes you appear taller, it also creates more mobility, transforming your spine from a stiff rod into a supple string of pearls. This suppleness prevents degenerative spinal problems. It also helps you move with more grace and ease.



Kinder, Gentler Conditioning

Pilates puts no stress on your joints and no wear and tear on your ligaments and cartilage around your joints. It conditions your muscles in a balanced way and increases your self-awareness by drawing your focus inward. Pilates is very rehabilitative. It's almost like going to physical therapy sessions. Unlike other forms of exercise, you can safely do Pilates every day without overstressing your muscles or joints.

Improved Mental Outlook and Increased Motivation

The smooth, steady movements help quieten your mind and soothe your nervous system. As you lengthen and strengthen your muscles, you'll improve your circulation and tension will ebb away. Each workout will leave you feeling calm, balanced, and rejuvenated.

Better Balance, More Coordination

In your 40s, balance starts to deteriorate as your muscles weaken and your nerve receptors lose sensitivity. Pilates helps reverse this aging process by stabilizing your core. Pilates works the small, deep muscles needed to keep your body steady when walking and your spine both supple and strong.

Less Pain and Stiffness

Stretching helps pump vital nutrients to your muscles and tendons, which help keep them healthy and minimize your risk of injury. It also stimulates the production of joint lubricants (synovial fluid) and prevents adhesions. As circulation increases, your legs, back, neck, and shoulders loosen up, relieving aches and stiffness. Pilates also leads to subtle posture improvements, which will also eliminate tension, driving away headaches, backaches, neck aches, and other aches and pains. If you suffer from osteoarthritis pain, you'll find that lengthening your body through Pilates will help soothe the soreness. Appropriate exercise is vital to managing arthritis, because it increases flexibility for stretches and reduces pain and fatigue.